

MENTAL HEALTH

VS

MENTAL ILLNESS

What is Mental Health?

Mental health is a state of well being in which the person realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.

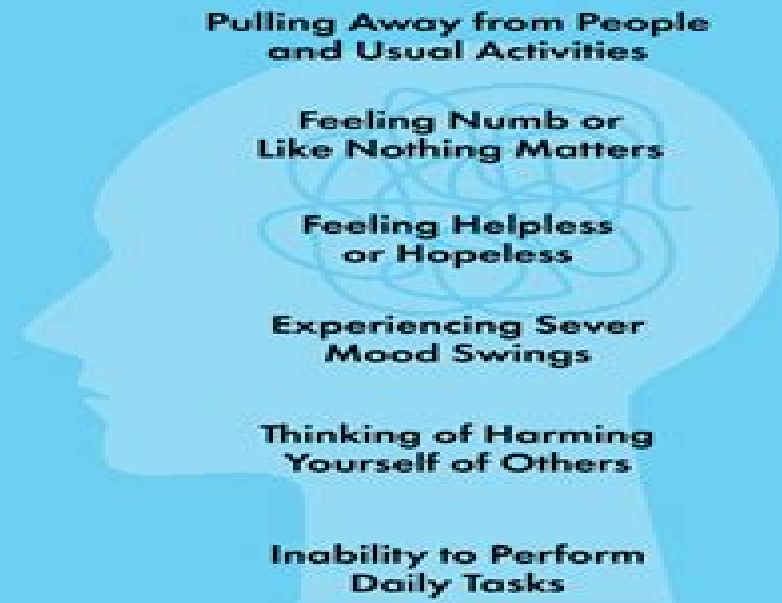
Indicators of Good Mental Health



What is Mental Illness?

Mental Illness is defined as a health condition that affects a person's thinking, feeling, behavior or mood. Such conditions may affect someone's ability to relate to others and function each day.

Indicators of Mental Illness?



From Inside Out A Brief Look At Mental Illness

Rachel S Tattersall



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